DERBY RUNNER CROSS COUNTRY LEAGUE ROUND 6 DERBY/ STAFFS Division SUNDAY 2nd March 2025 PERMIT NO ARC/25/0465 FOREMARK RESERVOIR

[Approx 2 miles west of Ticknell on the road to Milton]

Adults 10.30 am - £7.00 per runner Juniors 10.00 am £2.00. Medal to all finishers £1.00 per runner donated to the National Trust The junior presentation will take place at the red DRXC League tent immediately after the junior race and before the adult race.

<u>CAR PARK IS LIMITED !!!!!!!</u> CAR SHARE IS ESSENTIAL!!!! <u>PARKING CHARGES APPLY</u> <u>ALTERNATIVE FREE PARKING ROADSIDE ON HARTSORNE</u> <u>TO TICKNELL ROAD----- NOTE LONG WALK</u>

There are NO changing facilities but toilets are available at the cafe

Senior race 2 laps. Approximately 4.9 miles. Minimum age 17. Junior race 1.15 miles school years 3-6 2.3 miles school years 7-12 Terrain will be a mixture of grassland and hard bridle path. There are some steep gradients so spikes or studs are recommended. **PLEASE BE AWARE AND ALERT TO THE DANGERS OF THE DEEP WATER- ESPECIALLY IF YOU HAVE CHILDREN**

National Trust is very supportive of our use of the venue. However they insist on a lot of marshalling as the venue is also open to the public and the inherent danger of the water (see point above).

Due to a possibility of transfer of non-native tree pests please ensure that your shoes are clean **before** you arrive and clean them post event to prevent transfer of infections to the local Flora and Fauna.

Post-race Presentation

Royal British Legion 87 Derby road Melbourne DE73 8FE Hosted by Dave Mann & Chris Hopkinson with help from Peel RC Further details from Dave Mann 07976 797975